

Adult Water Fitness

Registration now available for water exercise classes.

Classes are 60-minutes.

Monthly fee varies, \$7 Drop-in per class.

Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down.

Drop-in Class Fee: \$7.

49263	15 yrs+	M	6/6-6/27	8-9 a.m.	KRC	\$20
49264	15 yrs+	T	6/7-6/28	8-9 a.m.	KRC	\$20
49265	15 yrs+	W	6/1-6/29	8-9 a.m.	KRC	\$25
49266	15 yrs+	Th	6/2-6/30	8-9 a.m.	KRC	\$25
49267	15 yrs+	M	6/6-6/27	5:30-6:30 p.m.	KRC	\$20
49268	15 yrs+	W	6/1-6/29	5:30-6:30 p.m.	KRC	\$25
49269	15 yrs+	M	7/11-	8-9 a.m.	KRC	\$15
49270	15 yrs+	T	7/5-7/26	8-9 a.m.	KRC	\$20
49271	15 yrs+	W	7/6-7/27	8-9 a.m.	KRC	\$20
49272	15 yrs+	Th	7/7-7/28	8-9 a.m.	KRC	\$20
49273	15 yrs+	M	7/11-	5:30-6:30 p.m.	KRC	\$15
49274	15 yrs+	W	7/6-7/27	5:30-6:30 p.m.	KRC	\$20
49275	15 yrs+	M	8/1-8/29	8-9 a.m.	KRC	\$25
49276	15 yrs+	T	8/2-8/30	8-9 a.m.	KRC	\$25
49277	15 yrs+	W	8/3-8/31	8-9 a.m.	KRC	\$25
49278	15 yrs+	Th	8/4-8/25	8-9 a.m.	KRC	\$20
49279	15 yrs+	M	8/1-8/29	5:30-6:30 p.m.	KRC	\$25
49280	15 yrs+	W	8/3-8/31	5:30-6:30 p.m.	KRC	\$25

Transitional Water Exercise

Challenge yourself to the next level of physical fitness! This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants should be comfortable in deep water. Drop-in Class Fee: \$7.

49380	15 yrs+	T	6/7-6/28	6:40-7:40 p.m.	KRC	\$20
49381	15 yrs+	Th	6/2-6/30	6:40-7:40 p.m.	KRC	\$25
49382	15 yrs+	T	7/5-7/26	6:40-7:40 p.m.	KRC	\$20
49383	15 yrs+	Th	7/7-7/28	6:40-7:40 p.m.	KRC	\$20
49384	15 yrs+	T	8/2-8/30	6:40-7:40 p.m.	KRC	\$25
49385	15 yrs+	Th	8/4-8/25	6:40-7:40 p.m.	KRC	\$20

Aquatics High Intensity Interval Training (H.I.I.T.)

All levels class provides a high cardiovascular workout with low joint impact.

An ideal way to cross-train from high impact land workouts and still get a great cardio and strength session. Push through the water and not just float your way through it. Includes plyometric squats, round house kicks and speed bag punches. You can use a noodle to stay afloat. Drop-in Class Fee: \$7.

49127	15 yrs+	Sa	6/4-6/25	9-10 a.m.	KRC	\$20
49128	15 yrs+	Sa	7/2-7/30	9-10 a.m.	KRC	\$25
49129	15 yrs+	Sa	8/6-8/27	9-10 a.m.	KRC	\$20

Shallow Water Exercise – at Escalante Pool

Walking, running and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up cardio, toning, and cool-down. Fee: See below. Drop-in Class Fee: \$7.

49281	15 yrs+	T	6/7-6/28	5:45-6:45 p.m.	ESCA	\$20
49282	15 yrs+	Th	6/9-6/30	5:45-6:45 p.m.	ESCA	\$20
49283	15 yrs+	T	7/5-7/26	5:45-6:45 p.m.	ESCA	\$20
49284	15 yrs+	Th	7/7-7/28	5:45-6:45 p.m.	ESCA	\$20

Register online at: www.tempe.gov/brochure